



“Nutrifit exceeded my expectations. The program goes beyond dieting and instead provides you with an immense amount of knowledge around nutrition which changed my eating habits indefinitely. Catherine is supportive and genuinely cares for her clients and will work with you. Her knowledge in nutrition is exceptional!”

- A. GREENSLADE

6-WEEK OPTIMUM NUTRITION CLASS

with Catherine Burns, Nutritional Therapist,
BA Hons, Dip ION, mBNTA

Join our award-winning nutrition education program and optimize your diet and lifestyle – for good! Set within a small group, you’ll have all the support you need to succeed long term. Lose weight (if you need to), improve your body composition and rethink factors that have been standing in your way of consistently great choices. Learn how nutrition really works so you can make informed decisions that impact how well you feel each and every day. Choose food that nourishes you!

Copays for the whole program: BF&M \$38, Argus \$120, Colonial \$150

PROGRAM INCLUDES:

- One to One nutrition assessment with Catherine, tailoring the program to your needs and preferences
- Initial and then weekly biometric tracking to capture body composition changes (optional)
- 1 hour introductory nutrition class
- 6 follow-up nutrition classes covering key fundamentals
- Label reading and grocery store tour (optional)
- Completely NEW, comprehensive meal plans for those that want detailed guidelines
- Flexible guidelines for those who want less structure
- Online meal-planning resource and recipe archive
- Day to day email/WhatsApp support from Catherine

Catherine Burns is a fully-qualified Nutritional Therapist with 16 years clinical experience, trained by the Institute for Optimum Nutrition in London, UK. She writes a weekly column for The Royal Gazette, is President of the Bermuda Nutritional Therapy Association, heads up Waterfront Wellness and is AVP of Nutrition, Wellness and Community Health for The Waterfront Group.



Catherine Burns
Nutritional Therapist
BA Hons, Dip ION,
mBNTA

Daytime + Evening
29TH OCT - 7TH DEC 2020
Daytimes at 12.30pm
Evenings at 6.00pm

DETAILS + STRUCTURE

All classes at The Waterfront,
Pitts Bay Road, Hamilton
(Classes also available on Zoom, but
must attend in- person for coverage.)

ONE-TO-ONE

(45 minutes) Individual assessment
and feedback to tailor the program
to your needs.

NUTRITION INTRO

(1 hr) Thursday 29th October
All the info you need to get going.
Shop over the weekend and start
on Monday!

FOLLOW-UP

**Nutrition Classes weekly on
Mondays for 1hr covering:**

Blood Sugar Balance – 2nd Nov
Stress + Sleep – 9th Nov
Digestion + Food Sensitivity – 16th Nov
Antioxidants + Liver Detox – 23rd Nov
Good Fat vs Bad Fat – 30th Nov
Organic – Priorities & Tips – 7th Dec

Spaces are limited for social
distancing purposes. Pre-
registration at www.natural.bm
is essential!

QUESTIONS? Happy to chat!

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